



# October

# To A Healthier You

# 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Heart Walk Month</b> Learn more at <a href="http://www.americanheart.org/start">www.americanheart.org/start</a>	1	2	3	4	5	6 This weekend, prepare your fresh fruits and vegetables for the week. Next week, you can grab a small container of prepared vegetables on your way out the door.
7 <b>Enjoy Fall's bounty of color</b> while raking leaves, taking a scenic bike ride, or walking through your neighborhood.	8 Boost your brain power with blueberries, omega-3 fatty acids in fish, lycopene in tomatoes, folic acid & Vitamin B12 in fortified cereals, Vit C in black currant, zinc in pumpkin seeds, Vit K in broccoli, Vit E in nuts; and sprinkle on a little sage too <a href="http://www.bbcgoodfood.com">www.bbcgoodfood.com</a>	9 <b>Have you taken a Health Risk Assessment this year?</b>	10 <b>October Veggies:</b>  Beets, beet greens, collards, Chanterelle mushrooms, lettuces, parsnips, salsify, squash	11 Remember portion control as cooler temperatures arrive, and as you may tend to spend less active time outdoors.	12 Looking for a <b>quick total body workout?</b> You might get some ideas from About.com <a href="http://exercise.about.com/library/blquicktotal.htm">http://exercise.about.com/library/blquicktotal.htm</a>	13 If you must watch TV, tune out during commercial breaks. Try jump roping or lifting 5-pound weights during the breaks.
14 Sliver greens and add them to broths, stews and soups — they are great for livening up the flavor of more mild vegetables.	15 Build an obstacle course in the basement or garage on a rainy day.	16 In “as little as 30 minutes, <b>circuit training has been shown to increase lean body weight, decrease percentage of body fat, increase strength, and improve the body's ability to use oxygen</b> ” — Mike Perko of Wellness Council of America	17 These foods may help stave off cancer: avocados, cruciferous vegetables, carrots, chili peppers & jalapenos, figs, flax, garlic, grapefruits, red grapes, kale, licorice root, mushrooms, nuts, oranges, lemons, papayas, <a href="http://www.cancure.org/cancer_fighting_foods.htm">www.cancure.org/cancer_fighting_foods.htm</a>	18 More foods that may help stave off cancer: raspberries, red wine, rosemary, seaweed/sea vegetables, soy products like tofu, sweet potatoes, green & black tease, tapioca, tomatoes, and tumeric <a href="http://www.cancure.org/cancer_fighting_foods.htm">www.cancure.org/cancer_fighting_foods.htm</a>	19 <b>Mammography Day</b> Learn more at <a href="http://www.nbcam.org">www.nbcam.org</a>	20 <b>October Fruit:</b> Apples, coconuts, grapes, melons,  pears, persimmons, pomegranates, prickly pear, tangerines
21 Bake ripe plantains to serve with roasted meats. 	22 Help keep kids active when indoors. Encourage everyone to "act out" a story as you read it.	23 Look for wellness events that may be offered through your health plan, your city, or church group	24 <b>Allergic to gluten and whole wheat?</b> Try garbanzo bean flour	25 Like a fun group activity? <b>Cardio Tennis</b> features drills to give players a high energy workout.	26 <b>Eat a better snack.</b> Having a cup of grapes will leave you feeling fuller than a handful of chips.	27 Organize a fun Fall physical activity event for your family and friends.
28 <b>At restaurants don't be afraid to ask how a dish is prepared.</b> Avoid dishes described as "au gratin, battered, creamed, scalloped and breaded".	29 On restaurant menus, good terms include "baked, poached, au jus and steamed".	30 <b>A 160 lb person may burn up to 122 calories jumping rope for just 10 minutes.</b>	31 Try Persimmons! Make salsa with a twist — add chopped Fuyu persimmons, onion, tomatillo, cilantro, & chili Serrano and mix together. 			